

This Data Story examines how Care Coordination in Connecticut's Children's Behavioral Health Network of Care compares to the National Wraparound Practice Standards.

Data in this Data Story was collected as part of the evaluation of CONNECTing to Care conducted by the Yale Consultation Center.

DID YOU KNOW?

Care Coordination in CT uses a Wraparound approach

What is Wraparound?

Wraparound is a process for improving the lives of children with complex needs. Wraparound guides children and caregivers to develop an individualized Plan of Care.



What is a core practice of Wraparound?

The Child and Family Team meeting is a core practice of Wraparound. **These meetings should:**

- Be co-facilitated by the youth's caregiver and the family's care coordinator
- Involve developing an individualized plan of care in collaboration with youth and family, based on self-identified strengths and needs
- Ensure family & youth voice and choice are elevated throughout the process

Practice standards include:

- Recommendations about how often CFT meetings should occur to maximize youth & family outcomes.
- Recommendations about how many of youth's natural supports (e.g. coach, church or social groups members, friends, neighbors, relatives) should be included in CFT meetings.

What are the National Wraparound Practice Standards for Child and Family Team Meetings (CFTs)?

The CONNECTing to Care evaluation explored how closely the Child and Family Team (CFT) meetings in CT follow the Wraparound practice standards

Frequency of CFT meetings

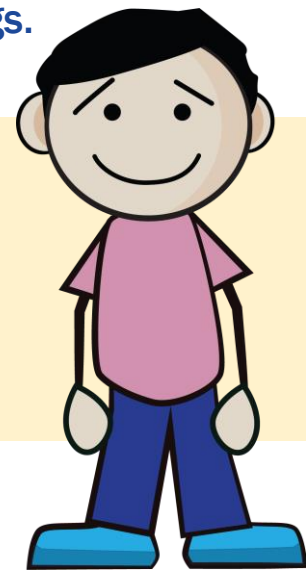
The Wraparound practice standards suggest that...
CFTs occur about every 30 days to see improvements across youth & family outcomes.

In CT...
While on average CFTs occurred every 51 days, caregivers reported significant improvements in problem behaviors, youth strengths and caregiver strain.

Why is this important?
CT has demonstrated that the practice standard of 30 days may be too rigid and perhaps greater flexibility can be applied to the frequency of CFT meetings.

Food for thought...

- The CFT process could be so empowering for some families that they do not require CFT meetings on a monthly basis in order to benefit.
- Reducing the frequency of meetings would enable care coordinators to allocate more time to families who may need additional support.



Inclusion of Natural Supports

The Wraparound practice standards suggest that...
for improved outcomes, 51% of people attending CFT meetings should be natural supports.

In CT ...
Natural supports ranged from 20 to 29% at CFTs yet caregivers reported significant improvements in problem behaviors, youth strengths and caregiver strain.

Why is this important?
CT has demonstrated that the number of natural supports at a CFT meeting may be more individualized than the Practice Standards suggest. A focus on what works best for each family is the most important.

Food for thought...

- Increased natural supports should remain a core focus of care coordination, as their involvement helps to boost family independence in decision-making.

The goal of CONNECTing to Care is a partnership that focuses on coordinating quality access to care through a youth-guided and family-driven approach. To improve mental health for children in CT, Connecting to Care seeks to change the way that the system operates so that all children have the opportunity to thrive.